

Suggested Use: As a dietary supplement, take one tablet about 1 hour before bedtime with juice or water.

Caution: If you are under medical supervision seek the advice of your physician or health care professional prior to use. Individuals with autoimmune conditions, depressive disorders, those taking sedatives or corticosteriod drugs, pregnant or lactating women, should consult their physician prior to use. This product may cause drowsiness. Do not operate a vehicle or heavy machinery following consumption of melatonin. Keep out of reach of children.

Store in a cool, dry place. Please Recycle.

Made in the U.S.A.



Formulated for:
Vitabase.com
Monroe, GA 30656

vitabase

Melatonin Two Stage Release

1 mg



Supplement Facts

Serving Size 1 Tablet

	Amount	% DV
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine HCl)	5 mg	250%
Magnesium (from Magnesium Citrate)	40 mg	10%
Melatonin	1 mg	*

* Daily Value not established

Other ingredients: Calcium Carbonate, Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Vegetable Coating.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.

Do Not Eat Freshness Packet. Keep in Bottle.

Vitabase uses only high quality ingredients.